

## Egg Salad Sandwich180

Number of Servings: 180 (163.56 g per serving)

Amount	Measure	Ingredient
272.00	ea	Eggs, hard bld, lrg
4 1/2	qt	Mayonnaise, light
6.00	cup	Relish, pickle, sweet
3.00	Tbs	Spice, onion, powder
3 1/2	cup	Pimentos, cnd
360.00	pce	Bread, whole grain, slice

### Nutrients per serving

Nutrition Facts			
Serving Size (164g)			
Servings Per Container			
Amount Per Serving			
Calories 340		Calories from Fat 160	
		% Daily Value*	
Total Fat 18g			28%
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 330mg			110%
Sodium 610mg			25%
Total Carbohydrate 30g			10%
Dietary Fiber 4g			16%
Sugars 9g			
Protein 15g			
Vitamin A 15%		Vitamin C 6%	
Calcium 8%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Notes

\* Cook eggs and chill quickly to 40 degrees or less. Refrigerate over night.

Peel eggs and chop coarsely.

Combine cold light mayonnaise, pickle relish, onion powder and pimiento and add to eggs. Mix lightly.

Wash hands and put on clean gloves.

Assemble filling and bread. Portion filling with #8 scoop. Package those for home delivery in sandwich bags. Put others in sealed container to keep fresh until meal service.

Potentially Hazardous Food. Food Safety Standards: Refrigerate & serve at 40 degrees or less.

Serve 1 sandwich (2 bread, #8 scoop of egg salad filling) with gloved hand unless packaged in sandwich bags earlier.

1 sandwich = 15 grams protein, 2 grain product servings.

1 sandwich = 30 grams CHO = 2 Carb Servings